



BASIC INFORMATION

DESCRIPTION

Male orgasm and ejaculation following brief sexual stimulation, and prior to satisfactory arousal and orgasm in the sexual partner. This is a common disorder affecting all age groups and is usually caused by psychological problems.

FREQUENT SIGNS AND SYMPTOMS

- Repeated episodes of premature ejaculation.
- Feelings of self-doubt, inadequacy and guilt.

CAUSES

- Poor relationship or communication with the sexual partner.
- Fear of impregnating the partner.
- Fear of contracting a sexually transmitted disease.
- Anxiety about sexual performance.
- Cultural or religious conflicts.
- Belief that sex is sinful or dirty.
- Rarely may be due to underlying physical disorder (e.g., prostatitis).

RISK INCREASES WITH

Listed with Causes.

PREVENTIVE MEASURES

No specific preventive measures.

EXPECTED OUTCOMES

Usually curable in most people within 6 months after recognition and treatment.

POSSIBLE COMPLICATIONS

- Low self-esteem.
- Damage to marital or interpersonal relationships.



TREATMENT

GENERAL MEASURES

- Laboratory test results are usually normal, since most males with this problem are healthy individuals.
- Work to improve communication with your partner.
- Try to reduce your performance anxiety.

The following methods are recommended by sex researchers and therapists Masters and Johnson. These measures usually lead to ejaculatory control for 5 to 10 minutes or longer:

- Sensate-focus exercises, in which each partner caresses the other's body without intercourse to learn relaxed, pleasurable aspects of touching.
- Mutual physical examination of each other's bodies to acquaint both partners thoroughly with anatomy. This helps reduce shameful feelings about sex.
- Stop-and-start technique, in which the man is stimulated through controlled intercourse or masturbation until he feels an impending ejaculation. Stimulation is stopped, then resumed in 20 to 30 seconds.
- Squeeze technique, in which the woman squeezes her partner's penis with her thumb and forefinger when he feels an impending ejaculation. When ejaculatory feelings pass, intercourse is resumed. This is repeated as often as necessary until the man can control ejaculation to the satisfaction of both partners.
- Counseling from a qualified sex therapist if other methods are not successful.

MEDICATIONS

Medicine usually is not necessary for this disorder.

ACTIVITY

No restrictions.

DIET

No special diet.



NOTIFY OUR OFFICE IF

You or a family member has repeated episodes of premature ejaculation after trying recommended methods.